

## Abstract of the Disclosure

A seat including a seat portion and a back rest both pivotable about a hinge pin (12). The hinge includes, on either side of the seat, a rotary back rest holder (10) having the hinge pin (12) extending therethrough, wherein the back rest holder is rigidly connected to the back rest and defines an attachment point (13) for a gas spring (6), as well as a slidable seat portion holder (11) having the hinge pin (12) extending therethrough, wherein the seat portion holder defines a further attachment point for the gas spring (6), and the seat portion holder (11) is slidably mounted relative to a member (9) rigidly connected to the seat portion and selectively lockable in a predetermined position relative thereto, whereby the seat depth is adjustable.